

# One Day Food Recall Summary

County: GA550 Chesapeake EFNEP

Family: 2709 - ROBERTSON, SHARAL

P00004 - MITCHELL, DORIA

Recall Date: 06/08/00

Exit Recall

Number of previous recalls:

Family Size: 4

Female Age 30 Pregnant

Amount spent on food last month: \$305

Taking nutritional supplements: No

## Food Summary

|                      | Your Intake | Recommended Amounts |
|----------------------|-------------|---------------------|
| Fruits (cup)         | 1           | 1 ½                 |
| Vegetables (cup)     | 1           | 2 ½                 |
| Grains (oz eq)       | 14          | 6                   |
| Meat & Beans (oz eq) | 5           | 5                   |
| Milk (cup)           | 3           | 3                   |



Calories (kcal) 3354 1800

Sodium (mg) 6117 < 2300

Your Activity Level: Less than 30 min.

## Nutrient Summary

| Nutrient   | Your Intake | % RDA | Percent of RDA |
|------------|-------------|-------|----------------|
| Protein    | 100 g       | 166%  | 100%           |
| Iron       | 27 mg       | 89%   | 89%            |
| Calcium    | 1509 mg     | 151%  | 151%           |
| Vitamin A  | 4918 RE     | 615%  | 615%           |
| Vitamin C  | 51 mg       | 72%   | 72%            |
| Vitamin B6 | 2.4 mg      | 111%  | 111%           |
| Fiber      | 18 g        | 90%   | 90%            |

## Sources of Calories

